

Wolf Pack WARRIOR

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8th Fighter Wing, Kunsan Air Base, Republic of Korea

August 29, 2003



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See page 11

NEWS BRIEFS

AFMC gets new commander

Air Force Materiel Command's new leader officially accepted command Aug. 22 during a ceremony at the Air Force Museum at Wright-Patterson Air Force Base, Ohio. Gen. Gregory Martin assumed command from Gen. Lester Lyles who held the position since April 2000. Following the change of command, General Lyles retired after 35 years of service. General Martin served more than three years as the commander of U.S. Air Forces in Europe at Ramstein Air Base, Germany. He also commanded Allied Air Forces Northern Europe and the U.S. European Command Air Force component.

Cadet faces court-martial

An Air Force Academy cadet was scheduled to be court-martialed at the U.S. Air Force Academy, Colo., Thursday. Cadet 2nd Class Robert Graham II has been charged with using and distributing Ecstasy and an Ecstasy derivative. The crimes are felonies and violations of Article 112a of the Uniform Code of Military Justice. Cadet Graham waived his Article 32 hearing which sent his case to a general court-martial. If convicted, he faces a maximum of 25 years confinement, a dismissal from the academy, and forfeiture of all pay and allowances.



Photo by Staff Sgt. Kyle Smith

Laying electrical cable

Senior Airman Travis Miller digs a trench for electrical cables at a forward-deployed location in Southwest Asia for Operation Enduring Freedom recently. The work is part of an upgrade of the electrical system at the base. Airman Miller is assigned to the 380th Civil Engineer Squadron and is deployed from Beale Air Force Base, Calif.

Academy one of nation's best

The U.S. Air Force Academy has one of the nation's top undergraduate engineering programs, according to U.S. News & World Report. The national news magazine released its America's Best Colleges 2004 edition, which rated universities in a number of general areas. In the overall engineering rankings among undergraduate institutions, the Air Force Academy ranked sixth in the nation.



Photo by Senior Airman Cat Trombley

WOLF PACK TAKES A FIGHTING FALCON FOR A MIDNIGHT STROLL An 80th Fighter Squadron F-16 Fighting Falcon takes off for a nighttime sortie Tuesday. Nighttime operations help pilots familiarize themselves with challenges faced when flying at night. See pages 6 and 7 for story and pictures.

8th CS keeps Wolf Pack connected

By Tech. Sgt. Kelley Stewart
8th Fighter Wing Public Affairs

The 8th Communications Squadron has recently finished installing nine new servers over a three-week period to help keep the Wolf Pack connected to the outside world.

The project was a joint effort between ScopeNet, Pacific Air Forces Network Operations Security Center, and the 8th CS Network Control Center.

The communication squadron had people actually doing the work, but ScopeNet had experts providing the instruction and training.

"ScopeNet is a team of network experts formed from multiple bases consisting of military, civil service and contractors," said Capt. Scott O'Malley, 8th CS Information Systems Flight commander. "They are tasked with performing a site visit every 18 months at each base throughout the Air Force. Their scheduled visit to Kunsan couldn't have come at a better time. It ensured on-hand experts to oversee our major network upgrade and at the same time provided our personnel some quality training."

The upgrades are intended to modernize the entire exchange server suite — both the classified and unclassified sides.



Photo by Staff Sgt. Maritza Freeland

Master Sgt. Michael Bent, 8th Communications Squadron, works on a new base server recently. The squadron installed nine new servers over a three week period of time.

Upgrades to the classified network include one server to provide messaging connections to external sites throughout the DOD, one server to provide DMS addressing information, and one server to handle interbase network communication.

On the unclassified side, two servers were upgraded providing messaging connections to external sites throughout the Department of Defense. One server provides Defense Messaging System addressing information, and four servers maintain e-mail accounts for more than 3,700 Wolf Pack members.

The squadron tried to make the upgrades transparent to its customers, but there were some interruptions of service from time to time.

"We basically moved all the mailboxes off one e-mail server, replaced that server, moved the mailboxes to the new server from another old server, replaced it, and so on, until all three old servers were removed and replaced. We then distributed the mailboxes evenly across the four servers," said Master Sgt. Kevin Rooney, network control center crew commander.

"[The unclassified servers] that are being replaced have all reached the end of their lifecycles, and the new systems provide a foundation for future upgrades that will include the latest versions of Microsoft's software," Captain O'Malley said.

A server is basically a powerful computer that provides a specific set of services to users on the network.

"Upgrades may not be readily apparent to members of the Wolf Pack, but rest assured, there will be a significant increase in performance and reliability from the system's perspective," Captain O'Malley said. "Additionally, the upgrade keeps the Wolf Pack on track for future software upgrades that will be more apparent to the user community."

The most important task of command

Execution, getting the job done

By Maj. Anthony Hernandez
8th Comptroller Flight commander

Who would not aspire to be a leader? Having the right leader, in the right job, at the right time is crucial for success ... particularly in war.

For these reasons, the most important task of every commander is selecting and appraising the right person for each job. Whether it is accomplishing our mission, making the Wolf Pack better, making yourself better, or all three, getting the job done is paramount at all levels of command.

What does it take to “make it happen?”

General George S. Patton Jr. understood how to make things happen. General Patton was highly effective in picking the right person for the job. To select individuals for promotion, he would line up all the candidates and give

them a problem to solve.

He would say:

“It does not make any difference what the rank is for promotion ... picking the right leader is the most important task of every commander ... I say, ‘Men, I want a trench dug behind a warehouse. Make this trench eight feet long, three feet wide, and six inches deep.’ That’s all I tell them.

“The men will drop all of the spades and picks on the ground behind the warehouse. After resting for several minutes, they will start talking about why I want such a shallow trench. They will argue that six inches is not deep enough for a gun emplacement. Others will argue that such a trench should be dug with power equipment. Others will say it is too hot or too cold to dig. If the men are officers, there will be complaints that they should not be doing such lowly labor as digging a trench. Finally, one man will give an order to the others, ‘Let’s get this

“ ... Having the right leader, in the right job, at the right time is crucial for success ... particularly in war. For these reasons, the most important task of every commander is selecting and appraising the right person for each job.”



— Maj. Anthony Hernandez
8th Comptroller Flight commander

trench dug and get out of here. Doesn’t make any difference what that old SOB wants to do with the trench.”

“That man gets the promotion. Never pick a man because he slobbers all over you with kind words ... such men are not leaders. Any man who picks a dummy, cannot be a leader. Pick the man that can get the job done.”

There will always be a strong need for leaders who can think strategically, com-

municate goals, build teams, enforce discipline, and motivate subordinates.

Certainly these things are important; however, getting the job done and picking the right people are paramount at all levels of command.

You know what your job is within our mission. “Defend the base (Hooah); accept follow on forces; take the fight north!” Lets get the job done!

Action Line 782-5284

action.line@kunsan.af.mil



Col. Robin Rand
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can’t be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.

Q. The air conditioning at the O’Malley has been out for most of the summer. For a while, there were portable A/C units hooked up to the dining facility to cool it down. They are no longer hooked up, and one is just sitting beside the facility. Today (Aug. 5)

at lunch it was like eating in a sauna. It was probably hotter inside the facility then outside. If customers are that uncomfortable eating there, how do the people cooking in the back, cooking on the grill, or serving food on the hot meal side feel? Could you please tell us what is being done to fix this particular problem?

A. I certainly understand and share your concerns about the conditions at the O’Malley. Let me provide you with an update on the corrective measures we’re attempting. Due to past funding shortfalls, we weren’t able to replace some of the oldest air conditioning systems on the base. What makes the problem worse is we have both U.S. and Korean made systems, and it becomes very difficult to find parts or make repairs when the systems break down. Such was the case with the O’Malley air conditioning.

I’m pleased to report we’re making some progress with the O’Malley cooling system, but aren’t out of the woods just yet. The system is once again operational, but because of its age, it’s not pumping out as much cold air as a new system. We’ve got new components on order and plan to install them over the winter months. Hopefully conditions will improve even more next year. We also have \$1.6 million programmed in fiscal year 2004 to fix a variety of A/C prob-

lems across the base to include the dormitories. In the meantime, we’ll keep an eye on the conditions in the O’Malley kitchen to make the kitchen more bearable for the employees.

The 8th Civil Engineer Squadron Heating, Ventilation and Air Conditioning Shop has a big job both in the summer and the winter, but let me assure you they’re working 24 hours a day, seven days a week trying to get systems back on line and to keep them on line. This includes bringing in a manning assist team from Pacific Air Forces to help with the more complex HVAC problems. The 8th Civil Engineer Squadron Red Devils realize HVAC is an important quality of life issue and are working overtime to provide the best support possible. Thanks again for your concern.

AAFES Customer Service.....	782-4426
Area Defense Council.....	782-4848
Base Exchange.....	782-4520
Chapel.....	782-4300
CES Customer Service.....	782-5318
Commissary manager.....	782-4144
Education Office.....	782-5148
Dining Hall.....	782-5160
Fitness Center.....	782-4026
Golf Course.....	782-5435
Housing Office.....	782-4088
Inspector General.....	782-4850
IDEA Office.....	782-4020
Law Enforcement Desk.....	782-4944
Legal Assistance.....	782-4283
Military Equal Opportunity.....	782-4055
Military Pay.....	782-5574
Military Personnel Flight.....	782-5276
Medical Patient Advocate.....	782-4014
Network Control Center.....	782-2666
OSI.....	782-4522
Public Affairs.....	782-4705
Telephone Repair.....	119



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Content

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Submissions

Deadline for submissions to the **WOLF PACK WARRIOR** is 4 p.m. Thursdays for the next week’s edition. Submission does not guarantee publication. The staff reserves the

right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to wolfpackwarrior@kunsan.af.mil and include the author’s name, rank and duty phone. Fax and typewritten submissions are also accepted.

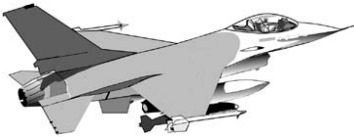
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We can also be reached by phone at 782-4705, by e-mail at wolfpackwarrior@kunsan.af.mil, or by fax at 782-7568.

MONTHLY SORTIE GOALS

Unit	Goal	Flown
35th FS	330	357
80th FS	359	343
8th FW	669	700



Community standard

During hours of darkness, everyone wearing a military uniform will wear a reflective safety belt or vest while outdoors. For the purpose of this rule, hours of darkness begin 15 minutes before sunset and end 15 minutes after sunrise. The only exception is uniformed security forces personnel when on duty, including augmentees. Personnel wearing civilian attire are also highly encouraged to wear reflective gear.

Wills: Taking care of Wolf Pack families

By Senior Airman Cat Trombley
8th Fighter Wing Public Affairs

Having a current will is one of the most important things a Wolf Pack member can do for his or her family.

“The one-hour appointment in the legal office to get a will is one of the easiest and most important ways the Air Force can help airmen provide for their families,” said Col. Steven Lepper, Pacific Air Forces staff judge advocate, in a recent commentary he wrote.

A will and last testament specifies whom you want to get your property when you die.

“If you and your spouse die without a will, the court will determine who the guardian of your children will be. The state will decide who gets what property,” said Capt. Patrick Dyson, 8th Fighter Wing Legal Office deputy staff judge advocate.

Most states distribute property of deceased in the following order: first to the surviving spouse; any children; parents; siblings; and possibly further until a living relative is found.

“Even if you want your property distributed as the state would, a will is still beneficial. It makes the whole process much quicker, easier and cheaper. Saving your survivors unnecessary time and expense by having a valid will at a time of crisis can’t be overstated,” Captain Dyson said.

Having a will isn’t always enough, though. A will must be current for it to



count. An outdated will can cause families even more heartache.

Colonel Lepper gives the example of a technical sergeant who was killed in an accident. He was divorced, but his will, written when he was married, named his ex-wife as beneficiary. She got his estate.

Wolf Pack members may have to answer the call to “take the fight

north” during a tour here. And, all members should have a will beforehand.

“Once we go to war, the judge advocates slip into a wartime mission. Members would still be able to get a will if that happens, but the logistics of doing so would be a little more difficult,” Captain Dyson said. “It is clearly much better for a person to

have a will prepared while they have time to think it through and don’t have the additional concern of war on their minds. The decisions a person makes in a will should not be made lightly, nor in haste, that’s why we suggest all members have a will prepared and executed before the need arises.”

Staff Sgt. George Ahboah, 8th Maintenance Operations Squadron, said having a will ensures his family is taken care of.

“I have a will because I don’t want my wife and son to have to worry about anything,” he said. “Having it also makes me feel better because when I am gone, I know my family will get everything I leave them.”

Colonel Lepper couldn’t agree more.

“Ultimately, when you die, the effects of not having a will won’t be your problems. After all, you’ll be dead. However, if you care about your family, you’ll want them to live on with the same comfort and security you provided during your life. Right now, a will might not seem important or even necessary. However, if you die suddenly, it might become the greatest gift you’ve ever given your family. On the other hand, not having one might become their second biggest tragedy.”

A will can be prepared at the Kunsan legal office 9 to 11 a.m. Mondays and Wednesday; and 2 to 4 p.m. Tuesdays and Thursdays. No appointment is necessary. For more information on wills or other legal issues, call the 782-4283.

Air commandos open hearts, airplane for orphans

By Master Sgt. Michael Farris
353rd Special Operations Group Public Affairs

U-TAPAO AIR BASE, Thailand —

Six-year-old Guy Ratchaporn had never been on an airplane before. He never dreamed he’d sit in the pilot’s seat of an MC-130 Combat Shadow until members of the 353rd Special Operations Group opened their airplane and their hearts to 41 underprivileged children of Thailand’s Ban Jang Jai orphanage Aug 21.

The 21 boys and 20 girls, aged between 4 and 16, joined the air commandos for lunch and also took a peek at some of their hardware.

The children sat buckled into the aircrew seats and flew an imaginary pattern over this military town. They tried on real parachutes and jumped out the back on a clandestine raid of their unsuspecting friends.

Senior Master Sgt. John Giegler said the children got a kick out of their day-trip to the airfield.

“Most of these kids don’t have opportunities other children have,” he said. “It’s fun to look at their faces when they’re experiencing something for the first time.”

Maj. Pat Butler, a pilot with the 17th Special Operations Squadron, penciled in a few hours on his schedule to show children the airplane.

“Who knows, this visit might plant a seed and create a pilot in a dozen years,” he said.

Following lunch and the airplane tour,



Photo by Master Sgt. Michael Farris

Big hearts: Master Sgt. James Johns, 17th Special Operations Squadron first sergeant, shows children from the Ban Jing Jai Orphanage how to buckle into an MC-130P Combat Shadow.

a dozen members of the 353rd returned to Ban Jing Jai Orphanage with the children — delivering more than a ton of food, toys and clothing. The donations were made by the Kadena Air Base, Japan, community and collected and sorted before distribution.

Master Sgt. Tony Emond, 353rd Operations Support Squadron, organized the drive and said the generosity is heartwarming and greatly appreciated.

“It takes very little to brighten the days of these children,” he said. “The staff at the orphanage was also thrilled at the giant boxes of clothes and toys. Beyond the donation, they were especially happy that we spent time with the children.”

The Batcats of the 353rd are deployed for three weeks of joint combined exchange training together with other U.S. and Thai Special Operations forces.



Photo by Senior Airman David Miller

Emergency landing surface: Senior Airman Nichole Hays and Tech. Sgt. John Newlin, 8th Civil Engineer Squadron Layout Team, setup an aircraft arresting system marker as part of the runway marking system kit for the emergency landing surface Aug. 20 on Taxiway Charlie. The exercise was part of Wolf War Day. The 8th Security Forces Squadron and the 8th Operations Support Squadron were also involved in the ELS set up.

Rumsfeld: 'Two options in terror war'

By Jim Garamone
American Forces Press Service

WASHINGTON — Defense Secretary Donald Rumsfeld told servicemembers at Lackland Air Force Base, Texas, Monday the United States faced only two options in its war on terror: Fight the terrorists where they live today, or fight them in America tomorrow.

Secretary Rumsfeld said the war on terrorism is unlike any the United States has fought in the past. Sept. 11, 2001, ushered in a new age of asymmetric warfare.

"The threats we have faced have not been so much large armies, large navies and large air forces locked in great battle, but suicide bombers, cyberterrorists and low-intensity warfare and the spreading contagion of weapons of mass destruction," he said.

These unconventional dangers threaten the safety and security of Americans and free people around the world as certainly as the totalitarian regimes the World War II generation confronted, he said.

"Like the greatest generation (who) saved the world from the tyranny of their time, your generation has been called to greatness as well," Secretary Rumsfeld said.

"Our freedom, our future depends on the courage and the determination of our forces and what they bring to this world. All across the globe, people long for what we have, for what each of you has volunteered to defend — liberty, democracy, tolerance and a future without fear."

Secretary Rumsfeld said the United States did not ask for the war on terrorism.

"But it is a war we have to fight and we have to win," he said. "There is no safe, easy middle ground. Either we take the war to the terrorists and fight them where they are — at this moment in Iraq and Afghanistan and elsewhere — or at some point we will have to fight them here at home."

"This war is real, it is difficult, it is dangerous, and it is far from over, but we are making good progress," he said.

In the 22 months since the attacks in New York and Washington, D.C., the United States has made great strides against the shadowy enemy,

Secretary Rumsfeld said.

"Two terrorist regimes have been removed, and two peoples have been freed from years of fear and years of oppression," he said. "We're working to lay the foundations of freedom and helping to build the pillars upon which liberty and representative government will rest."

The 100-plus days since Iraq's liberation have been days of difficulty, but also progress, he said. The secretary mentioned the establishment of the Iraqi Governing Council, the formation of dozens of local city councils, the establishment of a central bank and the resumption of oil exports as examples of the progress.

The secretary observed that setbacks in the war on terror will continue.

"But there will be more successes, and the outcome is not in doubt," he said.

The fact that enlistments and retention figures are up is an indication of the morale and dedication of the U.S. military.

"They are doing important work," he said.

Secretary Rumsfeld said he didn't know how long the United States will remain in Iraq. He said the answer is "not knowable" today.

"I wish it were, but it really depends on when the Iraqi people are able to get themselves on a path toward a sovereign and representative government," he said. "This much is certain: The president said we will stay as long as it takes to finish the job and not a day longer. Our task is to lift the threat of terrorist violence from our people and our future."

Secretary Rumsfeld answered some questions from the estimated 3,500 assembled servicemembers.

One asked about proposals to raise the military retirement age. Secretary Rumsfeld said he has not made a specific recommendation but noted there are some jobs people need to serve in longer. He said quick turnovers mean turmoil and excessive permanent-change-of-station moves.

"It also creates a situation where people move through jobs so fast they don't have a chance to clean up their own mistakes," he said. "That's an important learning experience."

He also spoke of proposals to

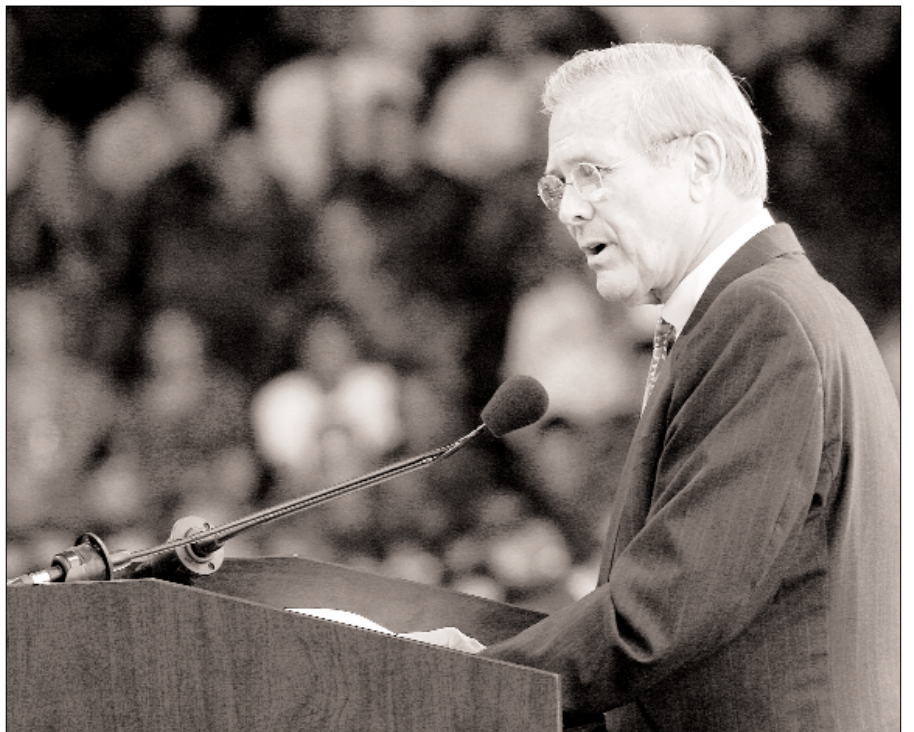


Photo by Robbin Cresswell

Fight there or fight here: Secretary of Defense Donald Rumsfeld addresses the crowd during a town hall meeting Aug. 25 at Lackland Air Force Base, Texas. He spoke to about 3,500 servicemembers from installations in the San Antonio area.

"rebalance" the mix between active-duty and Reserve components. He said some high-demand skills, now concentrated in the Reserve component, may need to have some units moved to the active-duty side.

"No one person is smart enough to know exactly what that means, but we've got ... each of the services, plus the Joint Staff and the Office of the Secretary of Defense, working on it," he said. "There should be proposals coming forward in a reasonable period of time."

Secretary Rumsfeld discussed the deployment and redeployment process and said he didn't want to call it "ugly," but rather "imperfect."

In the case of the Army, "at one point, they were averaging only five days' notice for a call-up for Reserve and Guard," he said. "Now that's just not right. It's not fair to the families. It's not fair to their reservists. It's not fair to their employers."

"The people are the most important thing we have, and we've got to see that we manage that force in a way that's respectful of people and that gives them a degree of certainty, a degree of predictability," he said. "So

we've got to fix that."

Secretary Rumsfeld said the current deployment process is an Industrial Age process "where either the big lever is off — it's peace, or it's on — and it's World War III."

Reality isn't so black and white, and the country is much more likely to have a series of activities and requirements and contingencies that have to be addressed. The process needs to be much more nuanced, he said.

Secretary Rumsfeld said the United States is actively seeking allies for help in Afghanistan and Iraq. He said the United States is speaking with more than 70 countries about assistance.

"I think the number currently is somewhere around 40 countries (that) are participating in Operation Iraqi Freedom in one way or another," he said. "We do need international support and assistance. It's a big help."

He said it is not likely, however, that U.S. forces will be serving under U.N. leaders in Iraq.

"That's not to say that there aren't important places and roles that could be played by United Nations forces," he said.

Bush vows to continue war on terror

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON — President George W. Bush vowed Tuesday to continue the almost two-year-old war against global terrorism.

America and its allies have achieved many victories against global terrorists since the Sept. 11, 2001, attacks on the United States, President Bush declared at the American Legion's national convention in St. Louis.

The president noted that al Qaeda no longer is using Afghanistan as a haven, and that Saddam Hussein's brutal and terrorist-friendly regime was kicked out of power in Iraq.

Terrorists, President Bush pointed out, hate societies that promote tolerance and freedom, because "freedom is a threat to their way of life."

Saddam and his minions, the president said, will not return to power in Iraq. Yet, he acknowledged

"The more progress we make in Iraq, the more desperate the terrorists will become."

President Bush
U.S. President

Iraq remains a dangerous place as Saddam remnants, anti-Western foreign fighters, and criminals continue to attack U.S. and coalition forces and perform sabotage "to undermine the advance of freedom."

Al Qaeda and other worldwide terror networks "recognize that the defeat of Saddam Hussein's regime is a defeat for them," President Bush said.

The establishment of a democratic Iraq, the president continued, represents "a further defeat for their ideology of terror."

"The more progress we make in Iraq, the more desperate the terrorists will become," he said.

Terrorists in Iraq have murdered innocent people,

the president pointed out, including women, children and humanitarian aid workers.

By committing such atrocities, he said, it's evident that global terrorists have "declared war on the entire civilized world."

However, the president stressed that terrorists will not intimidate the civilized world into backing off, noting that to acquiesce would only invite additional and bolder attacks.

As the campaign against global terrorism continues, Bush noted Iraqi citizens are providing more intelligence information to U.S. and coalition troops, leading to the capture of Saddam loyalists and the seizing of weapons caches.

"There will be no retreat," President Bush vowed, noting U.S. and coalition forces in Iraq are continuing "the offensive against Saddam loyalists, the foreign fighters and the criminal gangs."

The Iraqi people, President Bush noted, can rest assured "that the regime of Saddam Hussein is gone and it is never coming back."



Courtesy clip art

DOD students score high on national tests

By Army Sgt. 1st Class
Doug Sample
American Forces Press Service

WASHINGTON

Results show Defense Department school system students scored consistently higher than the national average on a standardized test.

Numbers from the 2003 TerraNova 2nd Edition standardized test revealed DOD third-to eleventh-graders scored higher than the national 50th-percentile average in the United States.

But Joseph Tafoya, director of the Department of Defense Education Activity, is already looking at ways to improve the upcoming school year's curriculum for even better results in the future.

"We're trying to be a leader. We're trying to look at programs and ... make them better so that our students are more successful," Mr. Tafoya said. "And so our efforts to improve test scores continue; our efforts to have kids have more access to challenging courses continue.

"We know that every kid in our system needs to take algebra and geometry, and not only do they need to take it, they need to be successful. So we're putting (in) a lot of time and effort to do that," he said.

The TerraNova test is a nationally standardized achievement test in which students are evaluated in reading, language arts, math, social studies and science.

Test results showed DOD students consistently scored 10 to 20 points higher than the national average in 37 of the 45 subtests, and 21 to 25 points higher in five subtests.

Mr. Tafoya said he hopes curriculum changes in the upcoming school year at DOD high schools will result in even better test results. He said this year's high school curricula were standardized to focus on literacy and algebra skills, along with language support and computer-orient-

ed math instruction.

Some of the high school-level curriculum changes will be considered for elementary and middle schools in the future "to ensure all kids are getting the same curriculum and the same opportunity," he said.

Another initiative Mr. Tafoya said may have helped students score well was the educational activity's focus on getting students to read.

Mr. Tafoya also said DOD schools scored high on the National Assessment of Education Progress evaluation test. As with the TerraNova test, this evaluation assesses students' know-how in various subject areas. He said the gap between minority and other students was the smallest in the nation, and DOD students ranked No. 1 in overall writing skills.

"So we have this very high-level degree of success," Mr. Tafoya said. "Obviously we're very proud of those scores, but we're not going to sit back and say we're doing (well). We're continuing to use that as an emphasis and help our kids and DOD schools to be among the best," he said.

Mr. Tafoya said having outstanding students has been the work of "great administrators and teachers." But, he said, the keys to the success of the military education program have been the parents and military commands that support DOD schools.

"They are very interested," he said. "The quality of the education of their students is paramount all the way from the very top at the ... Pentagon down to the local bases and schools. So with that, we believe we have an advantage."

The education activity operates 224 fully accredited public schools in 21 districts in 14 countries, seven states and the U.S. territories of Guam and Puerto Rico. About 106,000 students are enrolled in DOD schools.

WOLF PACK Crime Watch

Aug 18:

Nothing to report.

Aug 19:

Nothing to report.

Aug 20:

Found property — A staff sergeant came into the security forces control center and said he had found one white Bank of America Military Check Card. The desk sergeant took custody of the card and contacted the owner via e-mail.

Aug. 21:

Theft of private property — A staff sergeant walked into the SFCC to report a blue and silver Sparks bicycle valued at about \$50 he'd been using was missing from building 618. The last time he'd seen the bicycle was Aug. 12.

Theft of private property — A master sergeant walked into the SFCC to report his scooter was missing from where he'd secured it outside of building 1245.

Aug. 22:

Escort violation — A senior airman called the SFCC to report two Korean Nationals outside building 1245 taking pictures. A patrolman was briefed and dispatched. The patrolman made con-

tact with the Korean Nationals who were with the Army Corps of Engineers. Their escort was inside building 1247 and had left them outside. The Army Corps of Engineers was contacted and the the three Korean Nationals were escorted off base.

Article 128, Assault — An airman first class called the Town Patrol desk via radio to report he needed some assistance at the bus stop in America Town. Two Town Patrol members were dispatched. They met a private who said he'd allegedly been assaulted by another private at the Wolf's Den. Two other Town Patrol members went to Wolf's Den but couldn't find the accused private. A call was placed to security forces giving a description of the accused private who was apprehended by a security forces member.

Aug 23:

Damage to government property — A senior airman called the SFCC to report a damaged window on the entrance door in the west wing of building 205. Patrolmen were brief and dispatched. He airman said he didn't see anyone in the vicinity of the damaged window. The damage consisted of a hole approximately eight inches in diameter.

Loud noise complaint — An anonymous caller called the SFCC and said there was loud noise coming from building 616. Patrolmen were briefed and dispatched. They briefed the airman first class about the 24-hour noise discipline policy.

Aug. 24:

Nothing to report.

Courtesy of the 8th Security Forces Squadron

Air Force meets recruiting goals 37,000th recruit signs contract

RANDOLPH AIR FORCE BASE, Texas — The Air Force reached its enlisted-contract goal Aug. 22 with the signing of its 37,000th enlistment contract.

More than 32,000 people entered basic military training since Sept. 30. The Air Force now has enough contracts to meet its goal for the fiscal year and has for the past four years, according to officials.

"I salute our recruiters who are working hard to recruit the country's best and brightest," said Brig. Gen. Edward Rice Jr., Air Force Recruiting Service commander. "We are committed to recruiting a diverse, high-quality volunteer force that is representative

of the country it serves."

The Air Force is not only doing well enlisting airmen, the service is also doing well commissioning officers into critical career fields, according to officials.

"The Air Force is having a banner year recruiting engineers, scientists and weather officers," said Col. Gary Kirk, recruiting service's operations division chief. "The last year that compares with this year's success was 1991, and we are already postured for another strong year next year."

Although the Air Force is having a great recruiting year, it is still hiring, Colonel Kirk said. It needs hundreds of doctors, nurses, pharmacists and aircraft mechanics, as well as people qualified for special operations, such as pararescue and combat control.

OF THE PRIDE PACK

Job: 8th Civil Engineer Squadron Fire Protection Flight, assistant chief of training

Primary Duty: Training and continuing education of 58 firefighters.

Hometown: San Miguel, Calif.

Follow-on: Luke Air Force Base, Ariz.

Hobbies: Snorkeling and hiking

Favorite music: Alternative rock

Last good movie you saw: "X Men II"

Best thing you've done at Kunsan: Accomplishing a lot of personal goals.



Tech. Sgt.
Paul Phillips

"Sergeant Phillips always pitches in where needed and continually puts the needs of the customer first. As a member of the wing exercise evaluation team, his expertise has led to many improved processes that have been lauded by the Pacific Air Forces inspector general team and adopted command-wide. On a recent structural response, Sergeant Phillips thorough methods saved a Wolf Pack member from possible serious injury due to smoke inhalation if not death on a routine alarm activation. Upon a room-to-room search directed by Sgt Phillips, an airman was discovered unconscious in a smoke-filled room, caused by unauthorized cooking. Sergeant Phillips is truly deserving of the Pride of the Pack Award."

Master Sgt. John Wylie

8th Civil Engineer Fire Protection Flight, deputy Fire chief

Wolf Pack on the midnight prowl



Airman 1st Class Tobin Walton, 8th Aircraft Maintenance Squadron, inspects under the wheel well of an F-16 Monday night in the phase dock.



An F-16 Fighting Falcon sits in front of its hanger Monday night, waiting for its pilot. Kunsan pilots flew night sorties all week, causing most of the units who contribute to getting the bird in the air to work night shift.



Maj. Jeff Anderson, 80th Fighter Squadron, waits in his jet after completing a nighttime sortie while end of runway maintenance crews do final checks.



Airman 1st Class Nathaniel Durfee, 8th Security Forces Squadron, checks an identification card at the front gate Monday night.



Senior Airman Ryan (Biscuit) Bousquet, 8th Operations Support Squadron, air traffic controller, uses the light gun to tell a driver on the flightline it is clear to cross.

By Senior Airman Cat Trombley
8th Fighter Wing Public Affairs

Wolf Pack day-dwellers may be wondering what that sound of thunder is doing going off at all times of the night, possibly disturbing their sleep.

But for night shift workers, that sweet sound is the sound of their hard work paying off. It's the sound of the machine they're flying; a flying falcon they just fixed; the people they just fed; or the air conditioning fixed in the work place getting the job done with a little more ease.

"Flying at night helps us gain a tactical advantage over the enemy," said Capt. Dan Radulski, a 35th Fighter Squadron pilot. "With our technology, we can accomplish our mission the same as if it were daytime, while minimizing exposure to the threat of the enemy."

The Wolf Pack began August night flying on the 18th. And, according to Captain Radulski, the Pack will be night flying more in the future, gaining more experience, and familiarizing the pilots and maintainers with night flying. So if the Wolf Pack goes to war, they will be pros at night flying, increasing their lethality.

"We like to night fly as much as possible. Right now, we are night flying two to three

weeks a month," he said.

Maj. Jeff Anderson, 80th Fighter Squadron, said the number of sorties the squadron planned to fly was twice what it normally flies during day-flying weeks.

Night flying requires the pilot to overcome challenges due to the darkness.

"There are some limitations as to how 'push it up' we can be. The lack of visual cues outside the cockpit force the pilot to change his habitual patterns from his daytime flights. We have to be able to establish these patterns by practicing enough so when we change to nights, it's natural," Captain Radulski said.

With recent upgrades made to the 80th FS Block 30 F-16s, the ability to deliver precision or 'smart' bombs has dramatically increased, Major Anderson said.

"These weapons have great advantages at night. But the price of doing business is, our pilots need lots of practice flying with night vision goggles and using the target pod," he said.

Night vision goggles can be one of the challenges pilots must overcome and learn to use.

"Night flying is all about getting information you would normally see at night through other sources. Night vision goggles are a big help, but they don't turn night into day. The field of view is restricted and there's almost

no depth perception, so practice is vital," Major Anderson said.

However, without the maintenance squadrons, no jets would get into the air.

"The flightline is a different place to work at night," said Maj. Walter Lindsley, 8th Aircraft Maintenance Squadron commander. "You don't have the visual sensory you have during the day, so you have to communicate clearly and accurately."

However, Major Lindsley said his guys define "adapt and overcome."

"I couldn't be more pleased with the maintainers that support flying operations. These folks are motivated to provide mission capable killing machines," he said. "There is no unit in the world better at generating sorties than the Wolf Pack maintainers. We are a diverse group of ordinary people, doing extraordinary things."

Major Anderson agrees, adding that more than pilots and maintainers make night missions work.

"Many people at Kunsan worked the long and strange hours it takes to support out combat readiness, and they deserve our thanks. This type of training is vital, even though it places a strain on our maintainers and all sorts of support personnel, from air traffic controllers to firefighters. Thanks for everything you do that helps us to get ready to 'take the fight north,'" Major Anderson said.



Capt. Todd Lafortune, 80th Fighter Squadron, checks his flight information before he steps out to his F-16.



Staff Sgt. Greg Hallett, 8th Services Squadron, night-shift leader at the O'Malley Dining Facility, cooks up some hash browns for the midnight meal Monday.

7

DAYS

Today

Free food night The Loring Club offers breaded chicken breast 6 to 9 p.m. for club members.

Smorgasbord buffet The Loring Club offers a lunchtime super smorgasbord from 11 a.m. to 1 p.m.

Howlin’ Bowl The Yellow Sea Bowling Center has Howlin’ Bowl starting at 6 p.m. The cost is \$6 per person.

Midnight breakfast The Loring Club has midnight breakfast 11 p.m. to 2:30 a.m.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 a.m and 6:30 p.m. Tickets are \$10 and \$9 one way, and \$2 and \$18 round trip.

Saturday

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 and 10 a.m. The bus returns to base at 5 and 6 p.m. Tickets are \$10 or \$9 for speacil consideration of airman moral one way and \$20or \$18 for SCAM round trip.

Sunday

Brunch Extravaganza The Loring Club offers entree, and side dishes for Sunday brunch from 10:30 a.m. to 1 p.m. The price is \$11.95 per person for club members.

B-I-N-G-O The Loring Club has bingo at 2 p.m. For more information, call 782-4575 or 782-4312.

Darts The Loring Club has a darts tournament at 7 p.m.

Best of 10 free throw The Falcon Community Center has a best of 10 free throw competition at 2 p.m. The winner receives a phone card.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and noon. The bus returns to base at 5 and 6 p.m. Tickets are \$10 or \$9 for SCAM one way and \$20 or \$18 for SCAM round trip.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. The busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

Pizza The Loring Club offers pizza 6 to 8 p.m. The cost is 50 cents.

Live band Central Sound performs at the Loring Club at 8 p.m. For more information, call 782-4575 or 782-4312.

Movie madness The Falcon Community Center has a double feature movie madness at 6 p.m.

Mexican Fiesta The Loring Club offers a lunchtime Mexican fiesta 11 a.m. to 1 p.m.

Airmen’s bowl The Yellow Sea Bowling Center has bowling for airmen, E-1 through E-4 all day. There is no lane charge for one game, or 10 free games.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. The bus returns to base at 5 p.m. Tickets are \$10 one way and \$20 round trip.

Tuesday

Wolf Pack Wheels Departs Kunsan for Yongsan at 7:30 a.m. The bus returns to base at 3 p.m. Tickets are \$15 one way



Photo by Senior Airman David Miller

SWIMMING SEASON ENDS: The pool closes Wednesday and will remain closed until around Memorial Day Weekend.

and \$30 round trip.

8-ball tournament The Falcon Community Center has an 8-ball pool tournament at 7 p.m. The winner receives a phone card.

Kun burger The Loring Club has a \$2 Kun Burger 6 to 8 p.m.

Wednesday

Free food The Loring Club offers club members a ruff ryder roast beef sandwich from 6 to 9 p.m.

Wolf II, chicken sandwich The Hard R.O.K. Cafe has a Wolf II or chicken sandwich lunch special for \$4.95 each.

8-ball tournament The Loring Club has a 8-ball pool tournament at 7 p.m. The winner receives a phone card.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. The bus returns to base at 5 p.m. Tickets are \$10 one

way and \$20 round trip.

Texas barbecue The Loring Club has a Texas-style barbecue buffet 11 a.m. to 1p.m.

Thursday

Mongolian Barbecue The Loring Club offers mongolian barbecue 5:30 to 8:30 p.m.

Pingpong tournament The Falcon Community Center hosts a pingpong tournament at 7 p.m. The winner receives a phone card.

Ladies night The Yellow Sea Bowling Center offers ladies night starting at 6 p.m. Ladies bowl for free.

Wolf Pack Wheels Departs Kunsan for Yongsan at 7:30 a.m. The bus returns to base at 3 p.m. Tickets are \$15 one way and \$30 round trip.

Submit your events for 7-Days by sending an e-mail to wolfpackwarrior@kunsan.af.mil. Submissions must include the time, date, place, point of contact and a phone number.

MOVIES

Saturday

“Laura Croft Tomb Raider: The Cradle of Life” (PG-13) 7 and 9:30 p.m.

Sunday

“28 Days Later” (R). Starring Cillian Murphy and Naomie Harris. 6 and 8:30 p.m.

Tuesday

28 Days Later” (R). 8 p.m.

Wednesday

“2 Fast 2 Furious” (R) Starring Paul Walker and Tyrese. 8 p.m.

Thursday

“2 Fast 2 Furious” (PG-13) 8 p.m.



Today

“Laura Croft Tomb Raider: The Cradle of Life” (PG-13) Starring Angelina Jolie. 7 and 9:30 p.m.

Air & Space Power day



There is an Air Show Sept. 7 from 8 a.m. to 5 p.m. at Osan Air Base The show will feature the Black Eagles, Republic of Korea and U.S. military bands and an F-16 Demo. No privately owned vehicles, alcohol or backpacks are allowed on the flightline.

Education

Scholarship Children of Wolf Pack personnel may be eligible for the Boys and Girls Clubs of America Presidential Freedom Scholarship. The youth must be involved with a B&GCA, whether it is on a military installation or in a local community. Nominees must be juniors or seniors in the 2003-2004 academic year and must have provided 100 hours or more of exemplary service to the community. The B&GCA must submit the application.

Teachers needed The education center is in need of teachers. Many enlisted personnel are trying to go to school here but often run into road blocks when it comes to course availability, mostly due to a lack of teachers. Without the luxury of many college professors here, the education center must rely on the officer and enlisted corps to carry the load. For more information, call the University of Maryland at 782-4758 and Central Texas College at 782-5152.

Enlisted commissioning program There will be an enlisted commissioning briefing open to anyone interested in applying for officer training school, ROTC or the airman education commissioning program today at 9 a.m. and 1 p.m. at the education office, in building 1051. For more information, call 782-5148.

CDC testing Career Development Course testing is 9 a.m. Thursdays in building 1053, room 3. Unit training managers must make appointments for testing.

Meetings

AFSA The Air Force Sergeant's Association meets at 4 p.m. the second Tuesday of each month in the Loring Club Officers' Lounge.

Focus 5/6 The Focus 5/6 welcomes Air Force and Army E-5s and E-6s to meet at 3 p.m. the second Wednesday of each month at the Loring Club.

Top 3 The Kunsan Top 3 meets 4 p.m. the second Wednesday of each month at the Loring Club.

Airman's Advisory Council The council meets 3 p.m. the last Tuesday of the month in the Loring Club Officers' Lounge. All airmen, E-1 to E-4, are invited to attend.

FSC

Smooth move The family support center offers a class to help make mov-

ing easier 1 to 4 p.m. Wednesday at the Sonlight Inn. For more information or to register, call 782-5644.

Family reunions The family support center offers a family reunion brief Tuesday at 3:30 p.m. in the theater. No registration is required. For more information, call 782-5644.

Korean cooking class Learn to cook Korean food Thursday from 11:30 a.m. to 1 p.m. at the Sonlight Inn. For more information or to register, call 782-5644.

Volunteer Opportunities

Sonlight Inn The Sonlight Inn needs units to volunteer for the Friday meals. The chapel is looking for units to volunteer through the end of the year. If interested or for more information, call Senior Airman Jessica Duplantis at 782-4300.

CISM peer counselors The life skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors will receive training. For more information, call Capt. Robert Vanecek at 782-4562.

Korean orphanage The local Kae Chong Orphanage needs volunteers. Wolf Pack personnel volunteer Thursdays to spend time with about 40 children. Volunteers should meet at the military personnel flight parking lot at 6:15 p.m., for a 6:30 p.m. departure. Transportation is provided. For more information, call or e-mail or call Airman Nathan Biles at 782-5960.

Chapel

Latter-Day Saint Services are 3:30 p.m. Sundays at the chapel.

Catholic services Mass is 5:30 p.m. Saturdays, 9 a.m. Sundays and 11:30 a.m. Monday and Wednesday through Friday at the chapel. Catholic Reconciliation is by appointment, 4:30 p.m. Saturdays and 6 p.m. Sundays. R.C.I.A. is 7 p.m. Wednesdays in the chapel conference room.

Protestant services General Protestant worship service is 11 a.m. Sundays and the contemporary praise and worship service and Bible study is 6 p.m. Wednesdays. Both services are conducted in the chapel. For information about any chapel services, call 782-4300.

Gospel Gospel services are 1 p.m. Sundays and the inspirational praise and



Photo by Senior Airman David Miller

Get prepared: Tech. Sgt. David Sullins, 8th Mission Support Squadron Family Readiness NCO in charge, gives the return and reunion briefing Tuesday at the Base Chapel. The family support center offers classes ranging from cooking to home buying to reuniting with friends and family. For more information, call 782-5644

worship service is 7:30 p.m. Fridays at the chapel.

Sonlight Inn hours The Sonlight Inn is open 6 to 10 p.m. Sunday through Thursday, 6 p.m. to midnight Friday, and 6:30 a.m. to midnight Saturday every week. For more information, call 782-5466.

Prayer & Bible studies The chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:

☐ Women's Bible study and fellowship at 6:30 p.m. Tuesday at the Sonlight Inn, room 2.

☐ Protestant Bible study at 9:45 a.m. Sunday at the Sonlight Inn, room 1.

☐ Gospel Bible study at 11 a.m. Sunday at the Sonlight Inn, room 2.

☐ Men's Bible study is 5 p.m. Sunday at the Sonlight Inn, room 2.

☐ Intercessory prayer is 8:30 p.m. Saturday in the chapel conference room

Miscellaneous

GSA Mart The Kunsan GSA Mart is closed for inventory Saturday through Sept. 2 or 3. For any real-world or work

stoppage items needing to be purchased, call Andy Harris at 782-4001.

Catholic Pianist The chapel is looking for a Catholic pianist to play at mass Oct. 1 through Sept. 30, 2004. Interested people should pickup a request for quotation package at the U.S. Army Contracting Command Korea Office in building 753. For more information, call Scott Estes at 782-6480.

Air Show volunteers The Chapel needs volunteers to adopt a child for a day during the Osan Air Power Day Sept. 7. Wolf Pack members will sponsor children from the Seed of Faith Orphanage and will be driven up to Osan to participate in a day of air show events. Volunteers must sign up by Thursday. Volunteers will meet at the recreation center at 7 a.m. Sept 7. For more information, call Capt. James Swanner at 782-5406.

Hispanic heritage The Hispanic Heritage Observance Month Committee meets Wednesdays at noon at the Sonlight Inn. Hispanic Heritage month is Sept. 15 through Oct. 15. Volunteers are needed for different committees. Everyone is welcome. For more information, call 1st Lt. Hector Morua at 782-6032.

Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.

FREE CLASSIFIEDS

To submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with "classifieds" and the category (Wanted, For Sale or Lost & Found) in the subject block. All submissions must contain member's rank, name and phone number and must originate from the member's e-mail account. No "personal" ads will be accepted. Deadline for submissions is noon Friday a week prior to desired printing. For more information, call 782-4705.

Wanted

Singer for a local '80s and '90s hard rock band. Band has needed equipment and about a 40 song set list. Contact CY at 782-8793, or JC at 782-9553.

For Sale

Hyundai 1991 Hyundai Sonata for \$495. Available now. Call Tech. Sgt. Joe Gallegos at 782-7127 or 782-4211 if interested.

Iomega 250mb USB powered ZIP Drive with 1 250mb and 1 100mb ZIP disk. \$45.00. Call Tech. Sgt. Robert Lloyd at 782-4501

Wolf Pack volunteer appreciation

- ◆ Habitat for Humanity
- ◆ Handicapped facilities
- ◆ Orphanage

Seonyou Island



There will be an all-day trip to Seonyou Island Sept. 4 for anyone who has volunteered more than once for a public affairs community relations activity.

The trip is free of charge, includes lunch, and is on a first come, first serve basis. Anyone interested should have their supervisor's permission, and meet at the Loring Club at 8:15 a.m. Attire is casual.

Sign up by e-mailing SongAe.Song@kunsan.af.mil or call 782-4705.

CSAF's challenge for fitness



Photo by Senior Airman Cat Trombley

Staff Sgt. Santea McCleave, civil engineer operations flight, runs the final leg of a 1.5 mile run, part of the 8th Civil Engineer Squadron's physical fitness program. Senior Airman Jason Rupp, facility maintenance flight, and Master Sgt. Nick Lumbbreraz, heavy horizontal repair flight, follow closely behind.

By Joel Richardson
Health and wellness center
exercise physiologist

As many of you know, there is a complete revamping of the Air Force Fitness Program coming in 2004. In a letter dated July 30, Gen. John Jumper, Air Force chief of staff, said the Air Force would soon release a new fitness program getting back to the basics of running, sit-ups, and pushups. General Jumper noted an implementation date of Jan. 1, 2004.

First and foremost in everyone's mind is the 1.5-mile run which is coming back as the primary method of assessment. The submaximal cycle ergometry test will remain as an alternate method of testing for a small percentage of the base population. Pushups and sit-ups also will receive more focus, as well as body composition. No decision has been made as to what type of body composition assessment will be made, but plan on some kind of body fat assessment.

In an effort to get Air Force people here to focus on physical fitness, the health and wellness center will have information available on fitness, and health and wellness, in preparation for the start of the new Air Force fitness testing procedures. The focus of

this information will be on helping the men and women of the Wolf Pack get ready to take on the physical challenges of their jobs.

You'll find suggested workouts for all fitness levels, from the couch potato to the advanced athlete. If you're just starting out, we'll make sure you progress slowly and safely. If you're in good shape, we'll present some ideas on how you can improve your fitness level. Lastly, if you're an accomplished athlete, we'll show you some ways to take your body to the next level.

If you haven't been working out on a regular basis before now, it's a good idea to come by the HAWC and fill out a physical activity readiness questionnaire. This six-question form will allow you to determine whether or not you need to see a physician before beginning any exercise program. You can pick the questionnaire up at the HAWC Monday through Friday from 8 a.m. to 5 p.m.

The HAWC also sponsors a weekly 1.5-mile 'fun run' Thursdays at 5:30 p.m. so Wolf Pack members can accurately gauge their fitness levels. We will meet on the service road behind the fitness center to stretch and warm-up before starting the run.

SPORTS SHORTS

Varsity basketball players needed

The fitness center is looking for coaches and players to participate in the base varsity basketball season. For more information, call Staff Sgt. Robyn Matthews at 782-4026.

Soccer players needed

Wolf Pack soccer players are needed. Practice is 6:30 to 8 p.m. Tuesdays and Thursdays and 3:30 to 5:30 p.m. Saturdays at the track. Games are held Saturday and Sunday at the soccer field. For more information, call Tech. Sgt. Timothy Fearney at 782-5274 or Staff Sgt. Danny Hidalgo at 782-0063.

Aerobic instructors needed

The fitness center needs aerobic instructors. The 8th Services Squadron will pay certified instructors to teach classes. For more information, call 782-4026.

Spinning instructors needed

The fitness center needs two to three spin class instructors to teach spinning classes. The 8th Services Squadron will pay certified instructors. For more information, call 782-4026.



Courtesy Photo

The Smiths

Casey Smith (left) and his father, Chuck, arrive in Kitty Hawk, N.C., after a 13-day, 900-mile bicycle ride from Dayton, Ohio. Chuck works in information technology for Air Force Materiel Command at Wright-Patterson Air Force Base, Ohio. The ride was symbolic for the Centennial of Flight because it started where the first aircraft was designed and ended where it was first flown in 1903.

Intramural bowling league

The fall intramural bowling league begins the first week of September. People interested in bowling should call their units sports representative.

Challenge reaps a lifestyle change for Osan leader

By Senior Airman Sarah Clark
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea — A simple challenge from the leadership is all it took for one Team Osan member to lose 35 pounds and get fit.

Col. Jack Gundrum, 731st Air Mobility Squadron commander, made a New Year's resolution when Brig. Gen. William Holland, 51st Fighter Wing commander, issued a challenge to all colonels on Osan to get fit.

"My motivation in the beginning was General Holland's challenge," said the colonel.

The challenge began a competition within Osan leadership.

"The challenge was originally to compete against me in Pacific Air Forces' Fit to Win program and to promote unit fitness," said General Holland. "[The purpose of the challenge was] mainly to get them motivated while getting fit and having fun doing so."

Although it was his motivation, the colonel had other things in mind.

"I like to lead from the front," he said. "It's difficult to expect those who work for you to meet fitness standards without meeting them yourself."

When Colonel Gundrum first got here, he was 10 pounds away from his maximum weight. He wanted to lose 30 pounds.

"It took me about two months to start shedding the weight," he said. "It was kind

of discouraging at first."

He didn't do any special diets or take any pills.

"I cut down on my proportions," Colonel Gundrum said. "I started running. I didn't want to work on weights because even though it bulks you up, it would just bulk you up underneath the fat and it just makes you look fatter."

Colonel Gundrum offered some advice to those who want to get fit.

"First, go over to the hospital and get checked out and make sure you can physically," he said. "Prepare yourself mentally. If you haven't exercised for a while, you can probably go two or three days and feel pretty good, but then your muscles are going to protest. There's going to be a period of pain that you're going to have to go through. Start out slowly."

Some people have problems finding time for exercise.

"You have to set your priorities," he said. "You can go early in the morning or late at night. Just pick a time and stick with it."

The colonel warns against harsh dieting.

"Your body will store the fat at the beginning. If you starve yourself, you may lose some weight initially, but then when you get off the program and eat again not only are you going to gain that weight back, you're probably going to gain more than you lost."

Fitness is important throughout the Air Force, but especially at Osan.

"Fitness is important here because as

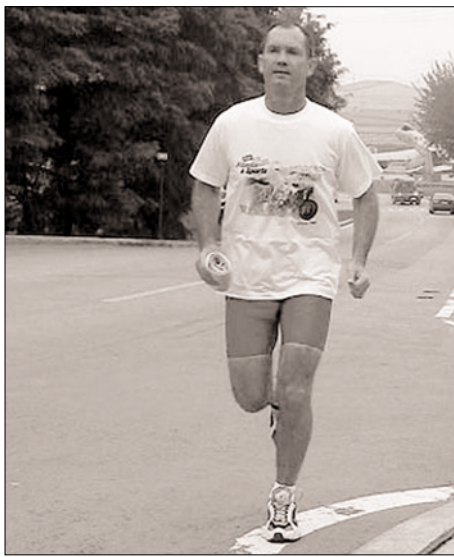


Photo by Senior Airman Sarah Clark

Col. Jack Gundrum, 731st Air Mobility Squadron commander, runs at Osan Air Base, South Korea. The colonel lost 35 pounds through exercise and watching what he ate.

you know being in MOPP [Mission Oriented Protective Posture] 4 gear with a flak vest on after a couple days, can make even the fittest person feel tired," General Holland said. "Being fit improves the ability to operate and survive."

With the new upcoming fitness program for the Air Force, everyone needs to get fit. Colonel Gundrum's advice on how to succeed is as simple as 1-2-3.

"Set a goal. Keep an eye on your vision. Maintain your vision and work through it."

PACAF - Fit to Fight

Martial Arts Classes

Budo Taijutsu/Ninjutsu

Noon Saturday and Sunday - FREE

Tae Kwon Do

8 to 9 p.m. Monday to Thursday

Kuk Sool Hapkido

7 a.m. and 7 p.m. Monday to Friday

Tang Soo Do

6 a.m. and 7 p.m. Monday to Friday

Notice

Please return
any towels that
belong to the
Wolf Pack
sports and
fitness center

Golf course

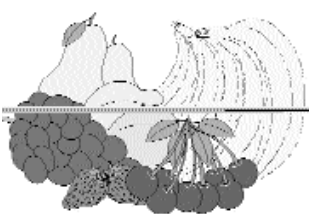
The West Wing Golf Course offers many services including golf club rental, pull cart rental, handicapping services, intramural golf, golf lessons and club fittings. People desiring to compete in tournaments are required to have a handicap. Handicaps can be established by turning in scorecards to the pro shop with name and date estimated return from overseas. Establishing a handicap is free.

The fitness center has personal trainers on staff to help people set up personalized workout programs. For more information, call 782-4026.

Fitness center hours

Monday to Friday
4:30 a.m. to midnight

Weekends, holiday and down days
8 a.m. to midnight



Tips to Healthy Eating

Eat moderate portions:
If you keep portion sizes reasonable, it's easier to eat the foods you want and stay healthy. Did you know the recommended serving of cooked meat is 3 ounces, similar in size to a deck of playing cards? A medium piece of fruit is one serving and a cup of pasta equals two servings. A pint of ice cream contains four servings. Refer to the Food Guide Pyramid for information on recommended serving sizes.

— Courtesy of the Health and Wellness Center

Shift changes: How to adjust

By Staff Sgt. Robert Wollenberg
8th Fighter Wing Public Affairs

Not everybody can be a banker. Some people, especially in the military, have to work strange shifts and often have to rotate that shift with another, every so often. The mission requires it.

Adjusting to a different shift can be taxing on a person — physically, emotionally and mentally — and not everyone can make the transition as smoothly. Lately, the Wolf Pack has been flying an increased number of night sorties resulting in shift changes for a number of base members.

In order to make the switch as non-traumatizing as possible, Capt. Timothy Stout, 8th Medical Operations Squadron Human Performance Element chief, explains some guidelines that may help people minimize negative effects starting with a day off to make the transition.

“Let’s say you are on a day shift on Monday, then off on Tuesday for transition to a night shift that evening. The recommendation is to go to bed at your normal time on Monday night. Don’t stay up all night and try to sleep all day Tuesday. Get a normal night’s sleep and wake up about one hour early. Try to stay out of the sunlight as much as possible on Tuesday, avoid caffeine, and keep activities to a minimum,” he said.

“Sometime after lunch, take a two to six hour nap, waking up about two to 2.5 hours prior to the start of your shift. At this time, get as much sunlight as you

can, if it’s still light out. If not, turn on as many lights in your room as you can. Get a good workout in, then eat a healthy meal high in carbohydrates, and drink caffeine as needed. If you follow this strategy, you have just tricked your body into thinking its morning. After your first night shift, conduct your activities as you normally would for a day shift ... just advanced 12 hours.”

Although this may not work for everyone, it has been proven to be effective for most people, he said.

“The transition for air traffic controllers can be difficult because we work a rotating shift. It’s hard for us to get into a rhythm. There’s no real trick for us other than coffee and going to the gym,” said Senior Airman Nathaniel Espeland, 8th Operations Support Squadron.

According to Captain Stout, diet and exercise are very good time setters. Maintaining a well balanced diet, with less than 10 percent of that being sugar, should definitely help. Also, when trying to last through a new shift, eating protein rich foods or snacks provides an amino acid called Tyrosine, which is a pretty good stimulant.

“Protein, physical activity every hour or so, and caffeine when needed will help you through the tough hours. Avoiding caffeine when not needed will help its effects when needed. Between the hours of 2 and 5 a.m. is when the circadian rhythm is at its lowest point, and alertness has bottomed out. This is the time when the time setters are needed most,” Captain Stout said.

Regardless what shift a person is working, the body sticks with its original

rhythm. It takes several days to fully adapt to a new shift, at which time most people swing back to the shift they were working before. Although shift change can be difficult, following these suggestions can reduce adverse affects and help maintain alertness and well-being.

“I work nights from 10 p.m. to 6 a.m. for a couple months, then I’ll switch to 6 a.m. to 2 p.m., but I get a three day break to adjust. So, there isn’t too much problem making the transition,” said Airman 1st Class Nathaniel Durfee, 8th Security Forces Squadron elite gate guard.

Having a transition period is the key, Captain Stout said. However, most people suffer greatly after transition because they were already experiencing a sleep debt. The whole idea is to find something that works for you individually, through trial and error. Once you find a technique, stick to it.

“I’ve been working days and I’m just now taking over the night shift,” said Staff Sgt. Gregory Hallett, 8th Services Squadron O’Malley Inn dining facility nightshift leader. “Making that transition hasn’t been too bad. It took me about five days to get used to the day time schedule so I figure it will take about as long to get used to the night schedule. I try to balance my sleeping pattern and throughout the night I try to stay as busy as I possibly can; staying involved with any projects that need to get done.”

A person who is already behind on sleep before changing shifts, you may never catch up. It’s important to remember that humans are hopelessly day creatures, Captain Stout said.

“Regardless of what we do, our bodies will always seek sleep when the big light in the sky is out. No amount of time on night shift will change that. The circadian though occurs roughly between 2 and 5 a.m. regardless of our efforts. In fact, studies have shown even people deprived of light will maintain a 25-hour cycle. So we are hopelessly day creatures,” he said.

For more information on adjusting to a new shift, call the human performance training team at 782-1818 or 782-1819.



Playing contact sports?

❑ Thirty-four percent of injuries that occur in baseball, basketball and soccer involve the teeth/oral cavity.

❑ The Kunsan Preventive Dentistry Committee recommends participants playing in high contact sports including baseball, basketball and soccer, obtain and wear properly fitting mouth guards.

For more information, call the dental flight at 782-4943.

Labor Day events schedule

Event

Location

Time

5K run	Fitness center	8 a.m.
Golf tournament	Golf course	8 a.m.
3 on 3 basketball	Fitness center	9 a.m.
Bike race	Fitness center	9 a.m.
MOPP 2 relay	Track	9:30 a.m.
HUMVEE pull	Avenue B	10 a.m.
Bowling	Bowling center	11 a.m.
Martial arts demonstration	Club parking lot	11 a.m.
Lunch buffet	Loring Club	noon
Power strength	Fitness center	1 p.m.
Keg toss	Football Field	1:30 p.m.
Three point shoot out	Club parking lot	2 p.m.
Bed race	Avenue B	3 p.m.
Tug of war	Football field	4 p.m.
Sumo Wrestling	Loring Club	5 p.m.
Squadron jeopardy	Loring Club	6 p.m.
Awards ceremony	Loring Club	7 p.m.
Live band	Loring Club	7 p.m.

EOR at night



Working the night away: Above: Senior Airmen Brian Keath (left) and Jack McKee, both of the 8th Aircraft Maintenance Squadron, work quickly to make sure everything is in place after a nighttime sortie Monday. Top right: F-16s line up waiting for an end of runway check. Middle right: McKee removes the chinks from an F-16 after an EOR check is complete.



Photo by Staff Sgt. Robert Wollenberg



Photo by Staff Sgt. Robert Wollenberg



Photo by Senior Airman Cat Trombley

Night shift: Staff Sgt. Eric Lamb waits for an F-16 to taxi down the runway so he can direct the pilot where to go.



Photos by Staff Sgt. Robert Wollenberg

Quick! Senior Airman Jack McKee, 8th Aircraft Maintenance Squadron, is safetying a BDU-33 on a Suspension Utility Unit after an aircraft returned from a flight.